



“101 Critical Days of Summer”



U.S. AIR FORCE



ARMY SAFE
is ARMY STRONG



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Work Hard, Play Hard



SUMMERTIME

ALCOHOL

MOTORCYCLES/ATVs

WATER ACTIVITIES

PEDESTRIANS

SUN/HEAT

FIREWORKS

SPORTS

AT THE HOUSE

PRIVATE MOTOR VEHICLES (PMVs) WEAPONS

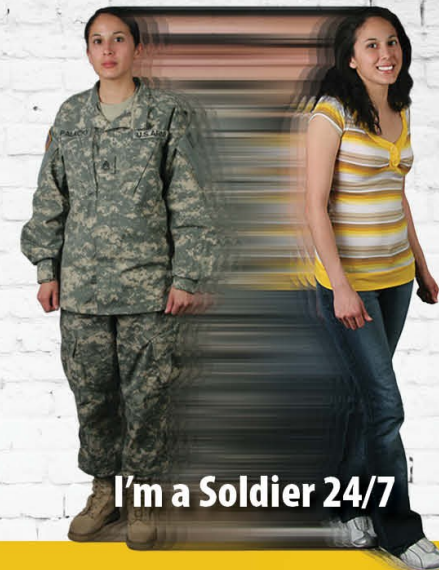


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ACCIDENT PREVENTION

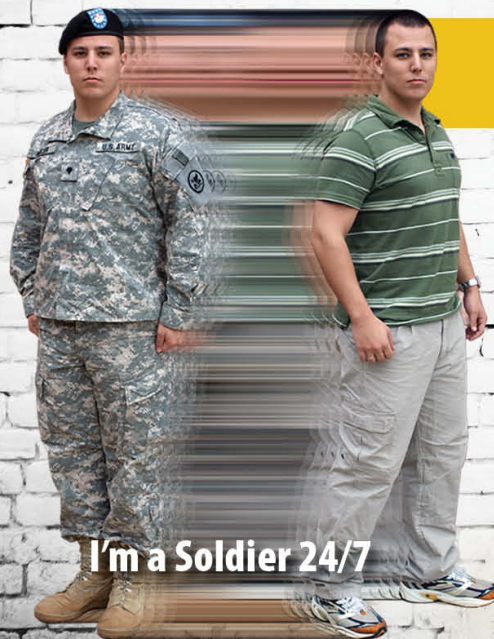


TRAINING DISCIPLINE STANDARDS



I'm a Soldier 24/7

Apply them off duty, as well as on duty.



I'm a Soldier 24/7

WARRIOR ETHOS

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

ALCOHOL

ALCOHOL

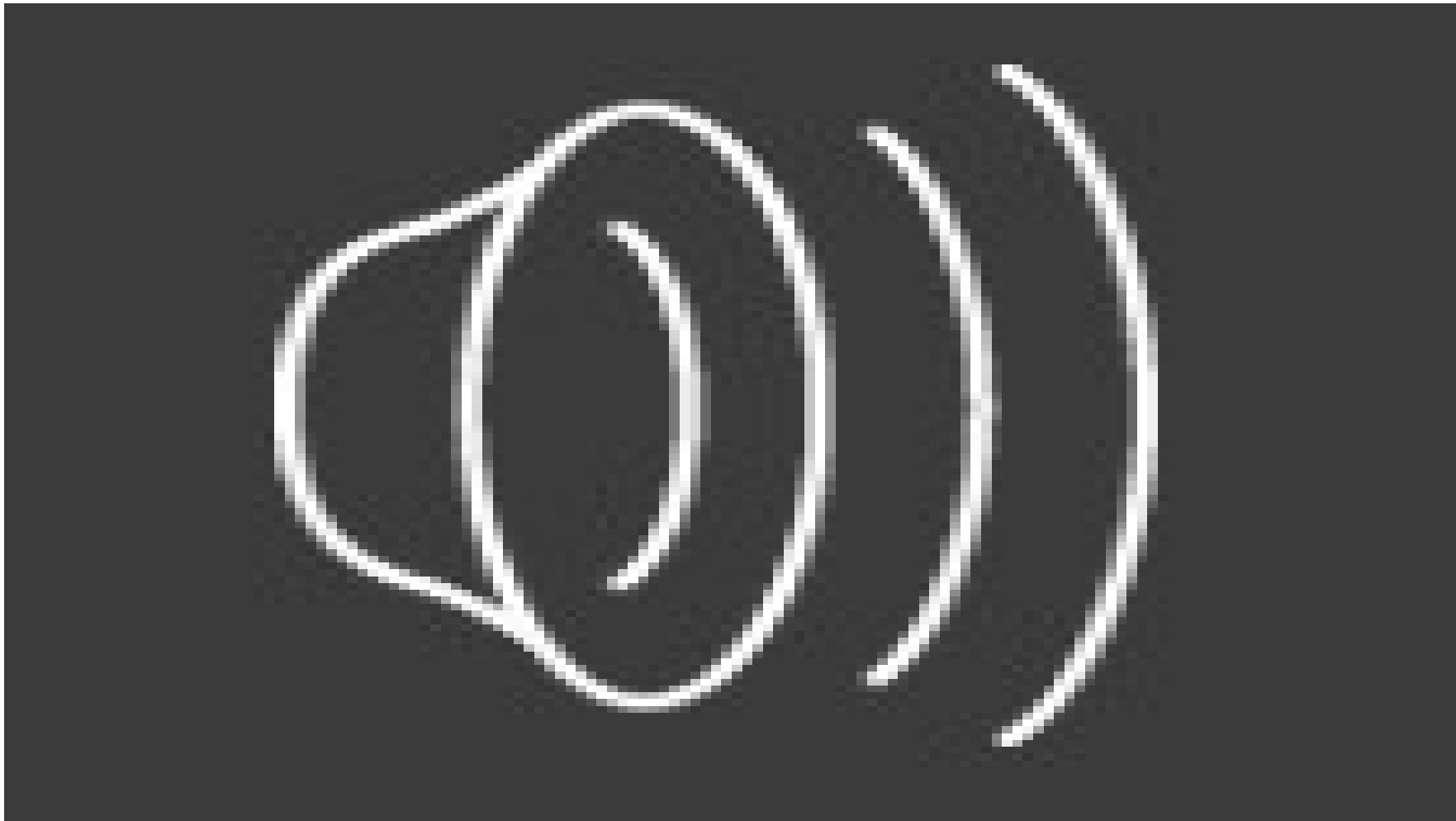
- There have been nearly 300 off-duty cases where alcohol was a contributing factor to the accident.
- Alcohol consumption:
 - IMPAIRED JUDGMENT**
 - +POOR VISION**
 - +DELAYED/SLOW REACTION TIME**
 - =MISHAP/ACCIDENT**





WATER RELATED ACTIVITIES

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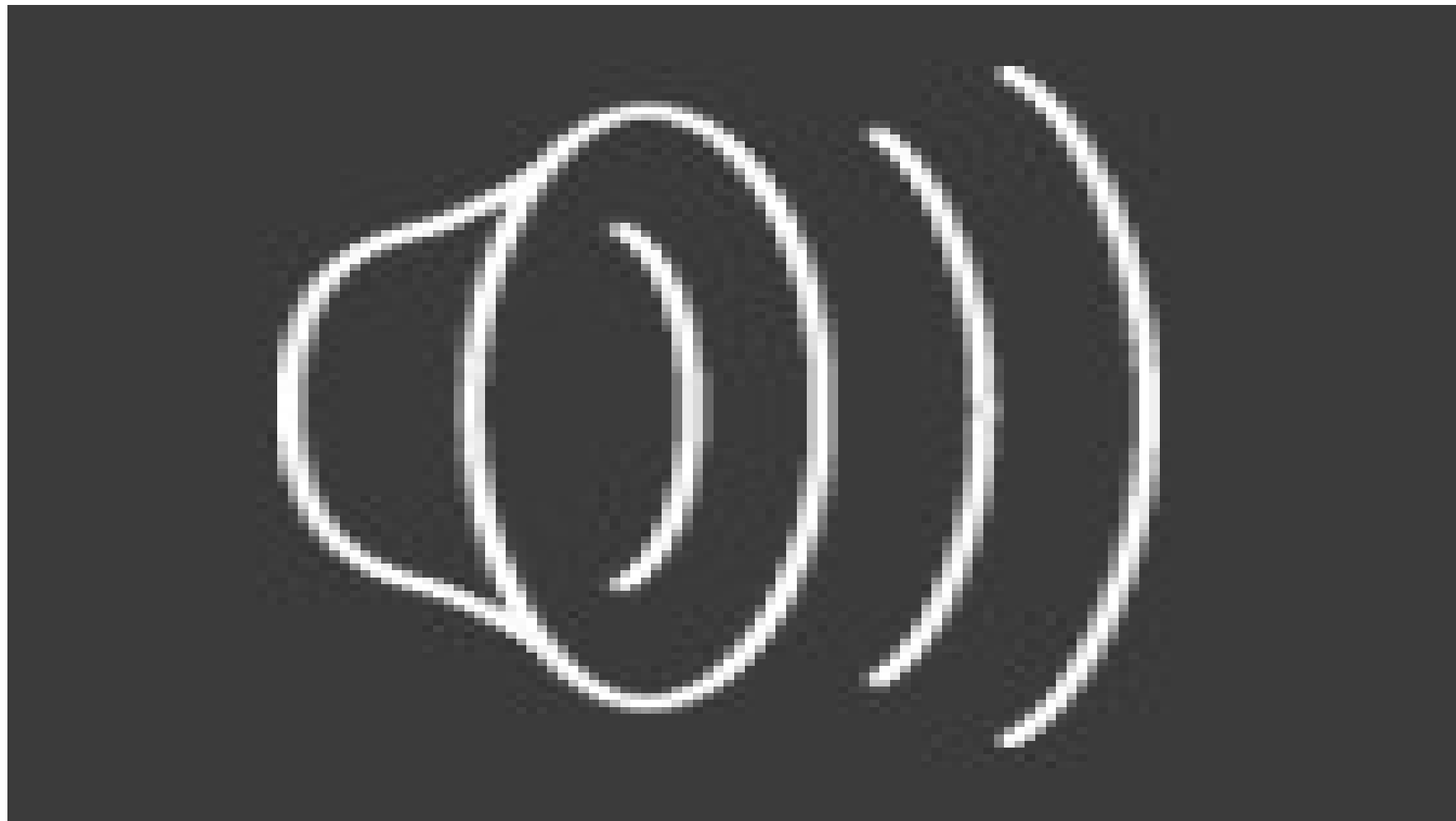


<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/137/Know-The-Signs-Boating-Pretrip-Inspection.aspx>



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BOATING

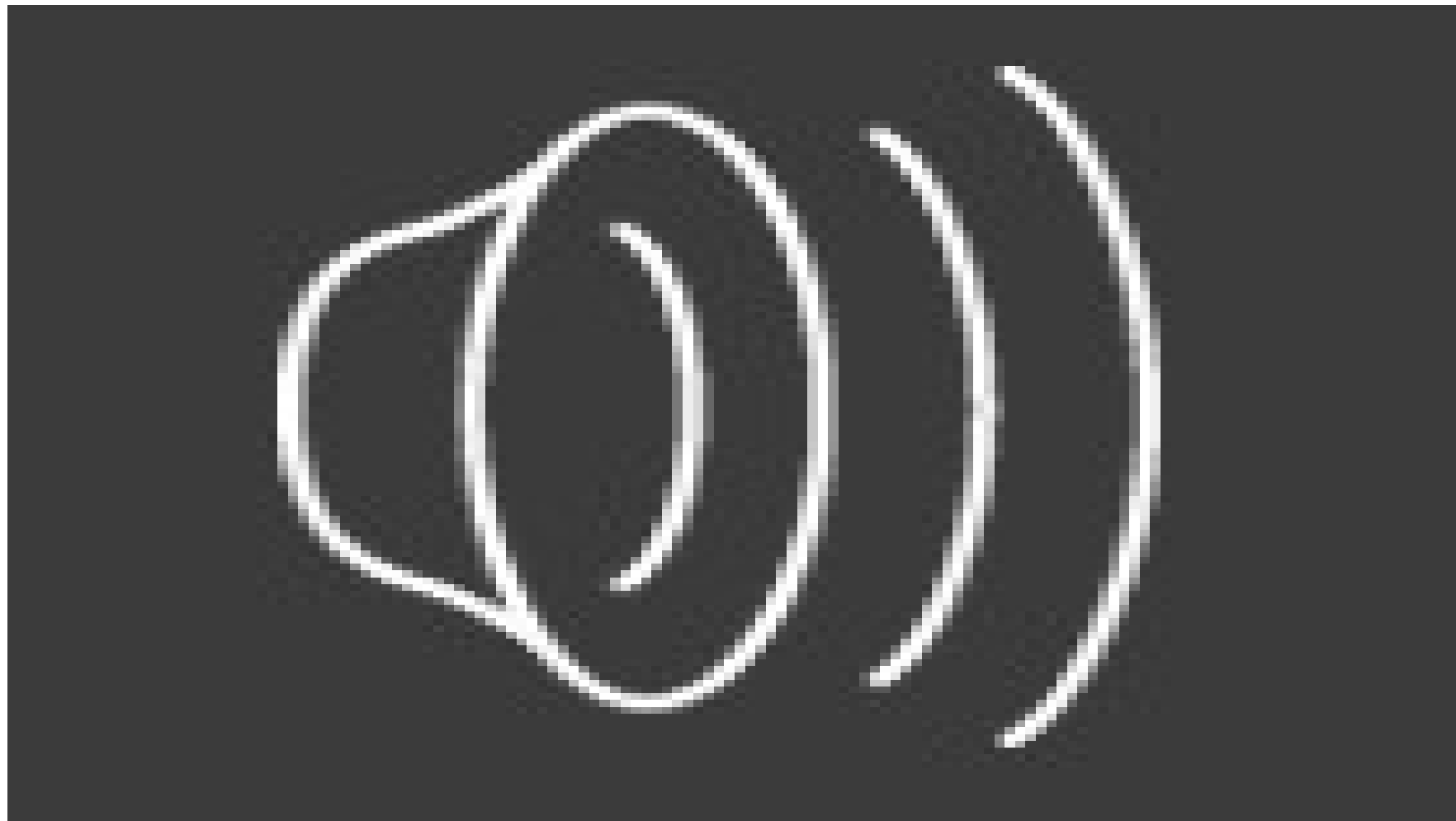


According to the United States Coast Guard (USCG) 70% of all fatal boating accident victims drowned, and of those, 84% were **NOT** wearing a life jacket. (2013 - 37 soldiers, 46% SGT and above)



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BOATING DUI



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/209/Spring-Safety-2014-Boating.aspx>



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BOATING SAFETY



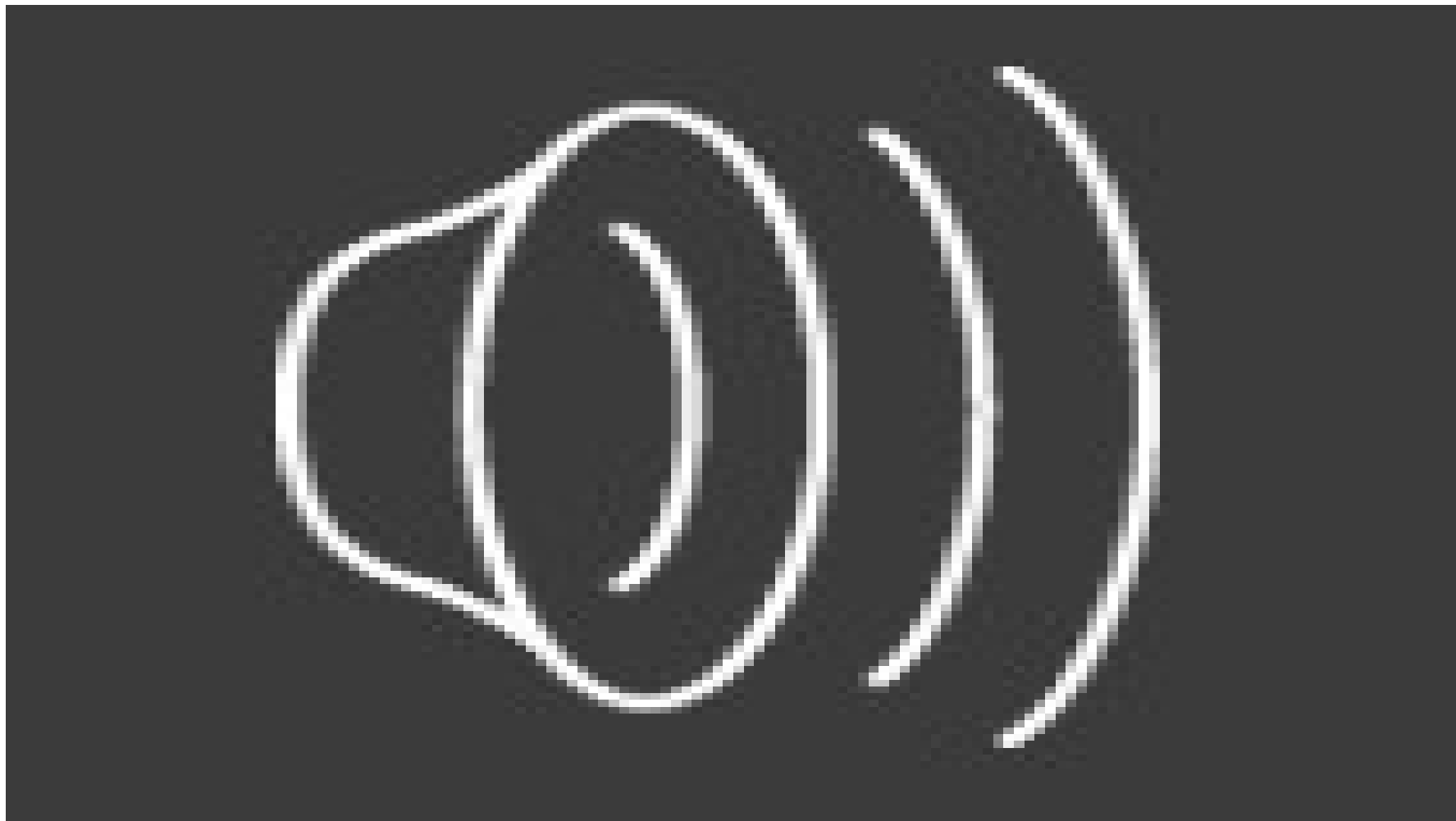
OPERATORS RESPONSIBILITIES

- ✓ **DON'T DRINK AND BOAT, BOATING UNDER THE INFLUENCE IS DANGEROUS AND ILLEGAL**
- ✓ **MAKE SURE THAT THE BOAT IS IN TOP OPERATING CONDITION (PMCS)**
- ✓ **KEEP LEGALLY-MANDATED SAFETY EQUIPMENT ON BOARD, MAINTAINED IN GOOD CONDITION, AND KNOW HOW TO PROPERLY USE THESE DEVICES**
- ✓ **MAINTAIN A SAFE SPEED AT ALL TIMES TO AVOID A COLLISION**
- ✓ **KEEP AN EYE OUT FOR CHANGING WEATHER CONDITIONS AND ACT ACCORDINGLY**
- ✓ **KNOW AND OBEY FEDERAL AND STATE REGULATIONS AND WATERWAY MARKERS**



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JET SKIS

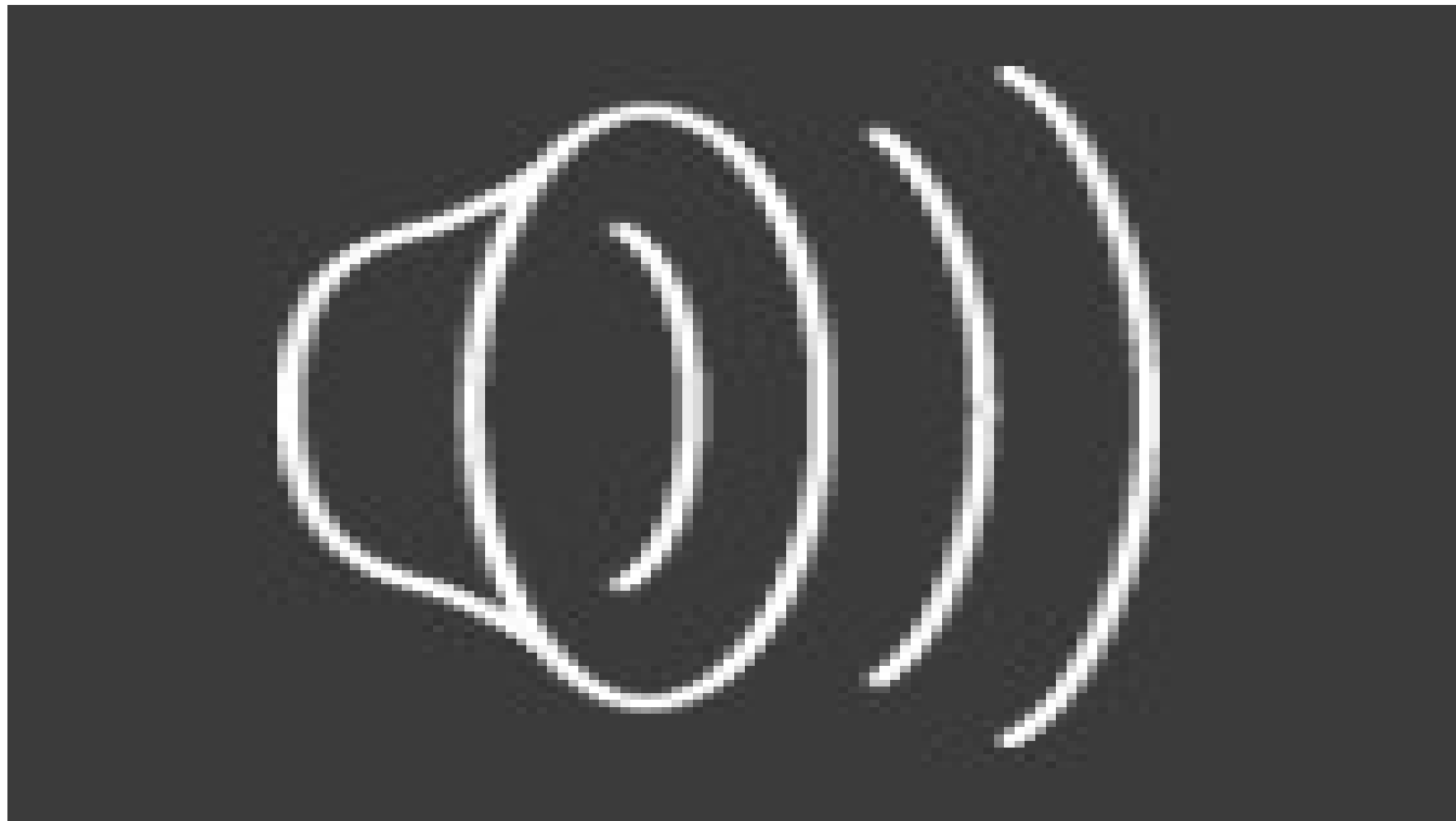


<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/204/Summer-Safety-2014--Vacation-Safety-Jet-Ski.aspx>



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SWIMMING/DIVING



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/277/Readyor-Not-Diving.aspx>



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SWIMMING/DIVING

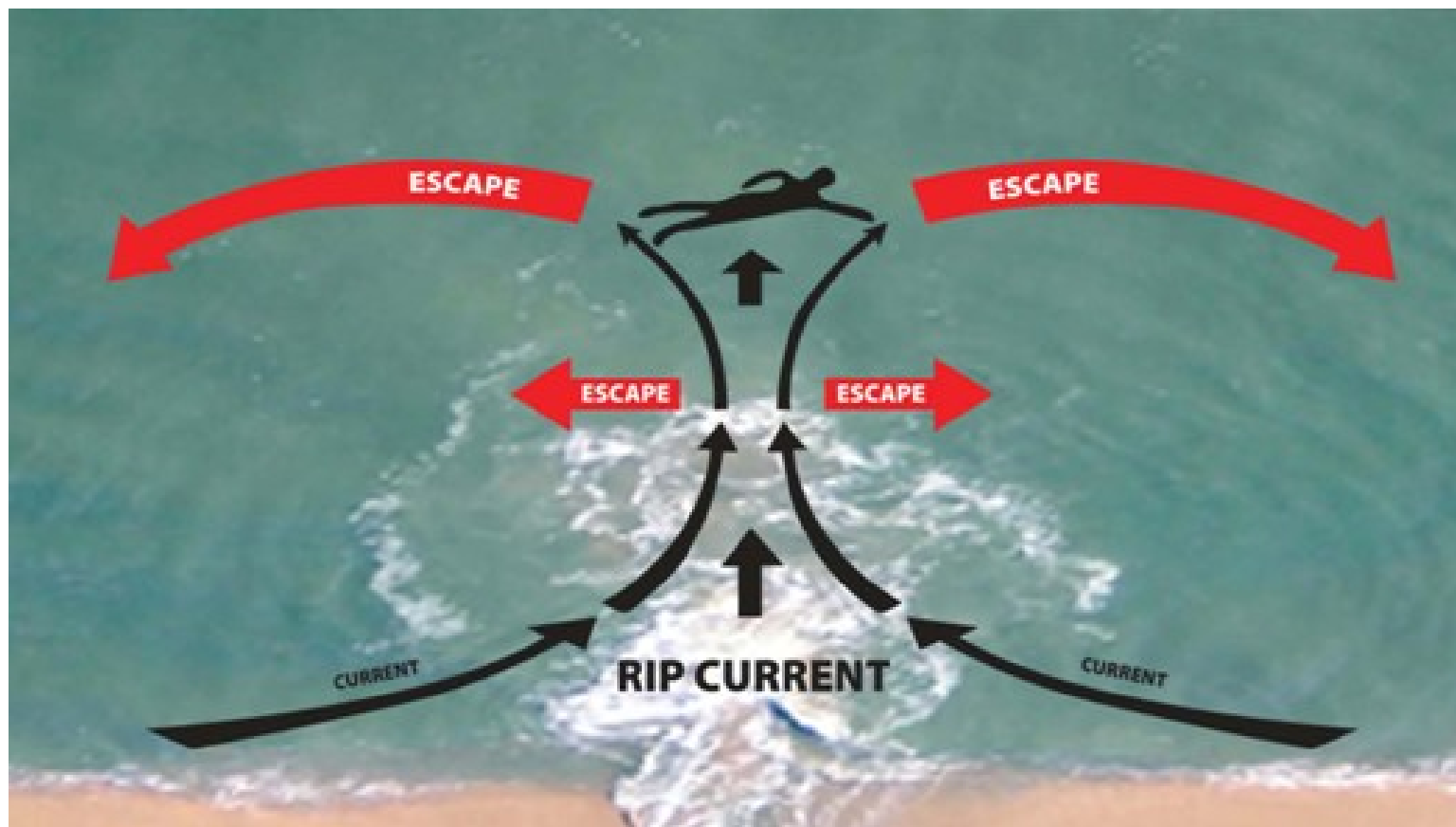


- Never dive when drunk or intoxicated
- Avoid diving at parties or large gatherings when a lot of other people are in the way and things may be unpredictable
- Do not dive just to show off or horse around
- Post "No Diving" signs prominently at your pool in areas that are not deemed safe for diving
- Never attempt to dive across the short length of a typical pool
- Never dive into an above-ground pool; avoid diving at all into irregularly shaped pools
- Frequently talk to your children about the dangers of diving into a pool or unfamiliar bodies of water
- Do not dive at night or in poorly lit conditions
- Do not dive from boats



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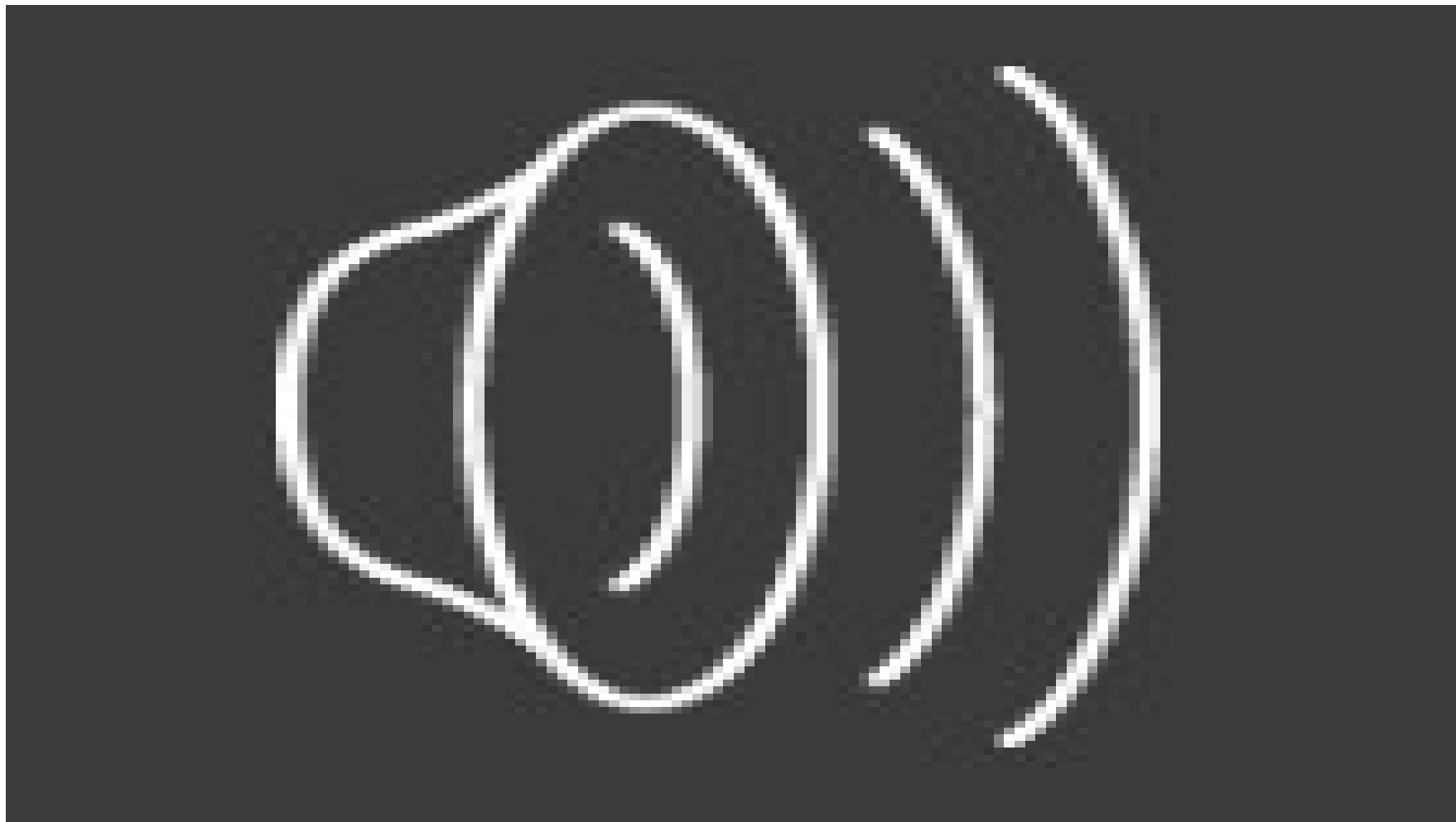
SWIMMING/RIP CURRENTS





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HEAT/SUN



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/178/SpringSummer-2012-Heat-Injury-Prevention.aspx>

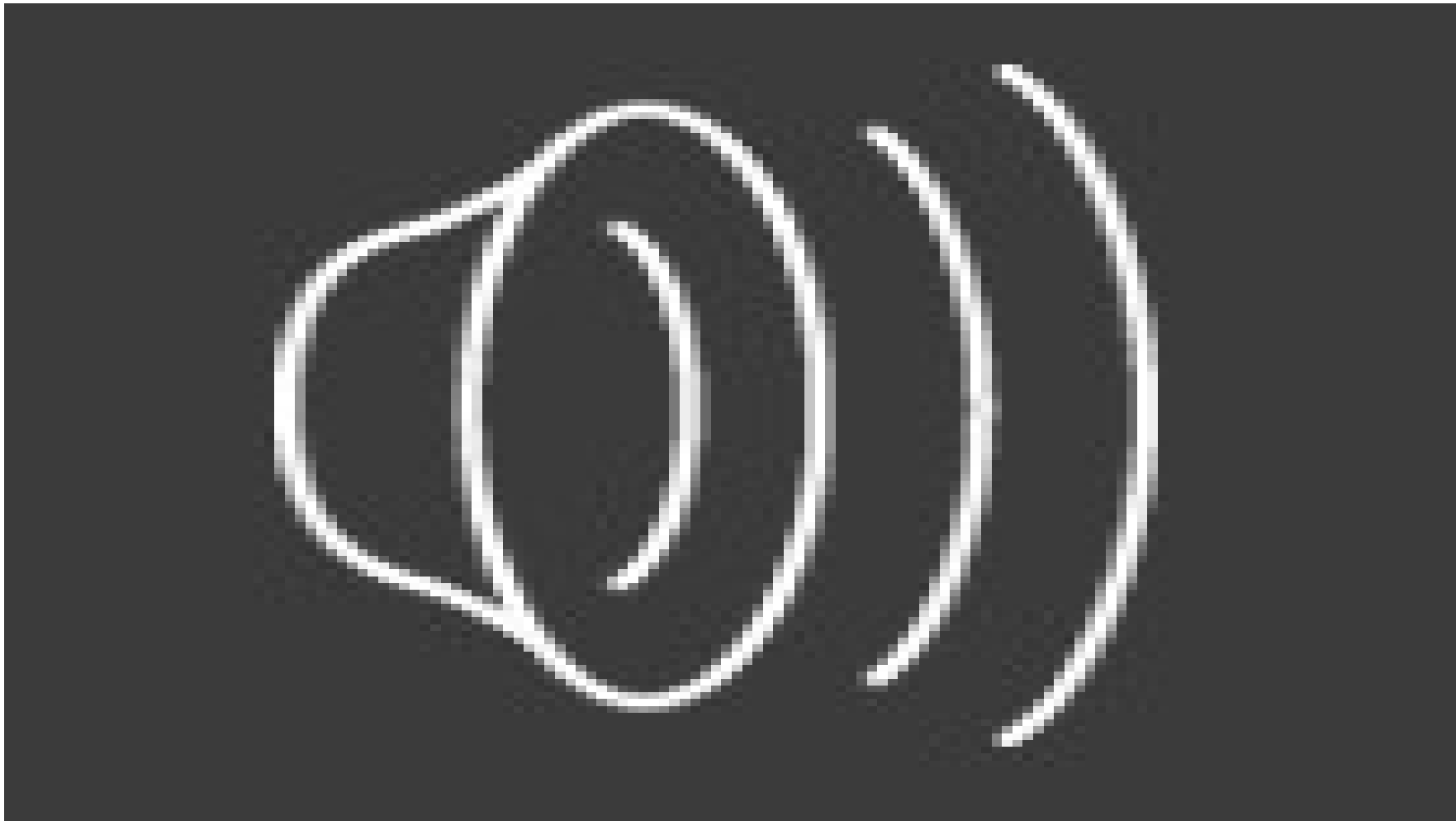


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HEAT/SUN

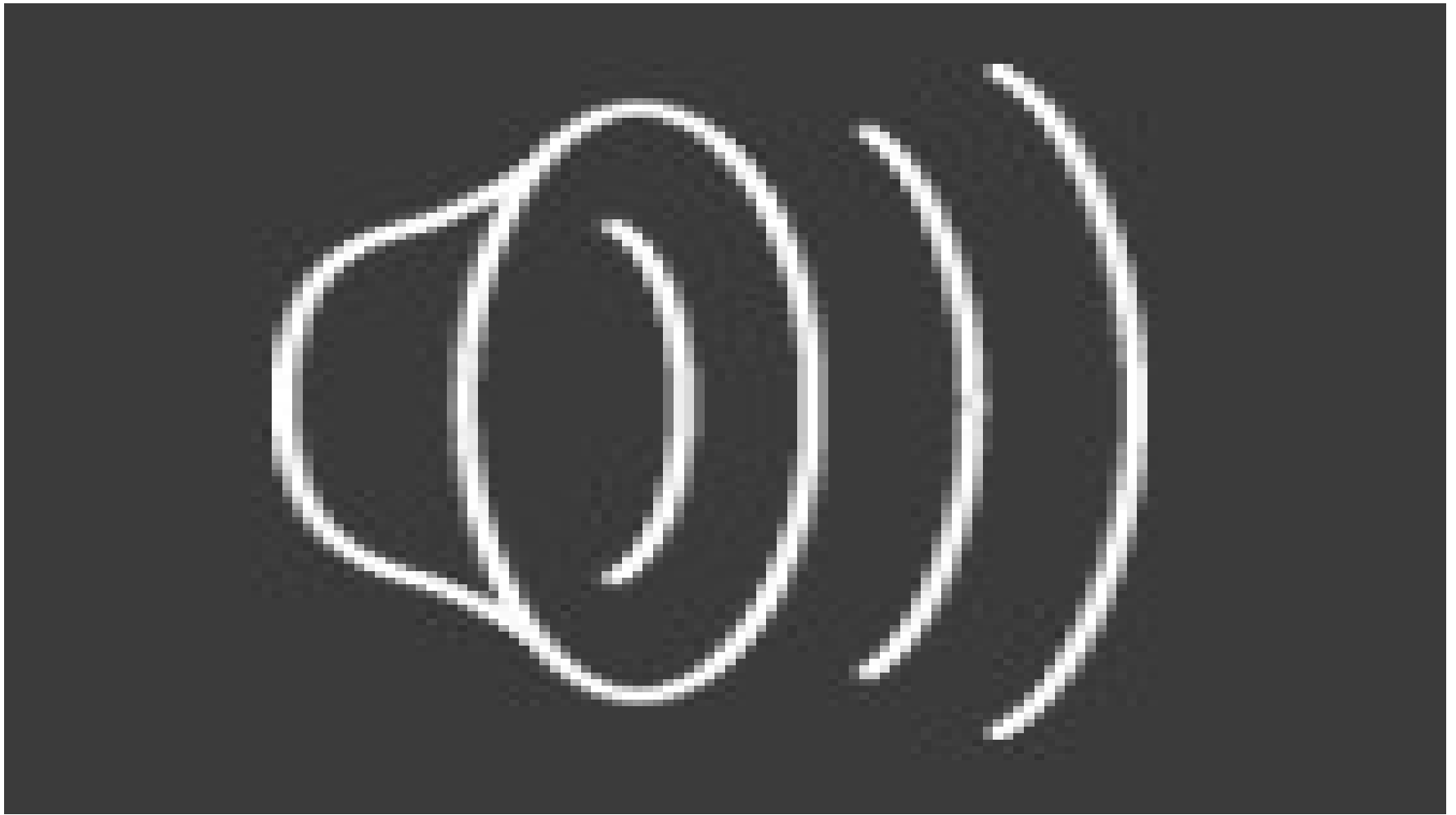


- ❖ Make sure to hydrate to replace fluids lost through sweating
- ❖ Pay attention to rapidly changing weather conditions
- ❖ Use sunscreen with an SPF level of at least 30; reapply every 2 hours
- ❖ Know the signs and symptoms of heat exhaustion/stroke
- ❖ Wear loose, lightweight clothing to encourage heat release, and hats/visors that will protect you from the sun



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/173/SpringSummer-2012-Fireworks-Safety.aspx>

- Never allow young children to play with or ignite fireworks. Avoid buying fireworks packaged in brown paper, which generally means they were produced for professional displays and pose a danger to consumers.
 - Always have an adult supervise fireworks activities. Even sparklers burn at about 2,000 degrees F — hot enough to melt some metals — and injure numerous children every year.
 - Do not place any part of your body directly over a fireworks device when lighting the fuse, and back up a safe distance immediately after lighting fireworks. Ignite only one device at a time.
 - Never try to re-light or pick up fireworks that have not ignited fully.
 - Never point or throw fireworks at another person.
 - Keep a bucket of water or garden hose handy in case of fire or other mishap. Douse spent devices with water before discarding.
 - Never carry fireworks in your pocket or shoot them from metal or glass containers.
 - Ensure fireworks are legal in your area before buying or using them.
- Fireworks should be fun, so don't get hurt!



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/203/Summer-Safety-2014--Fireworks.aspx>



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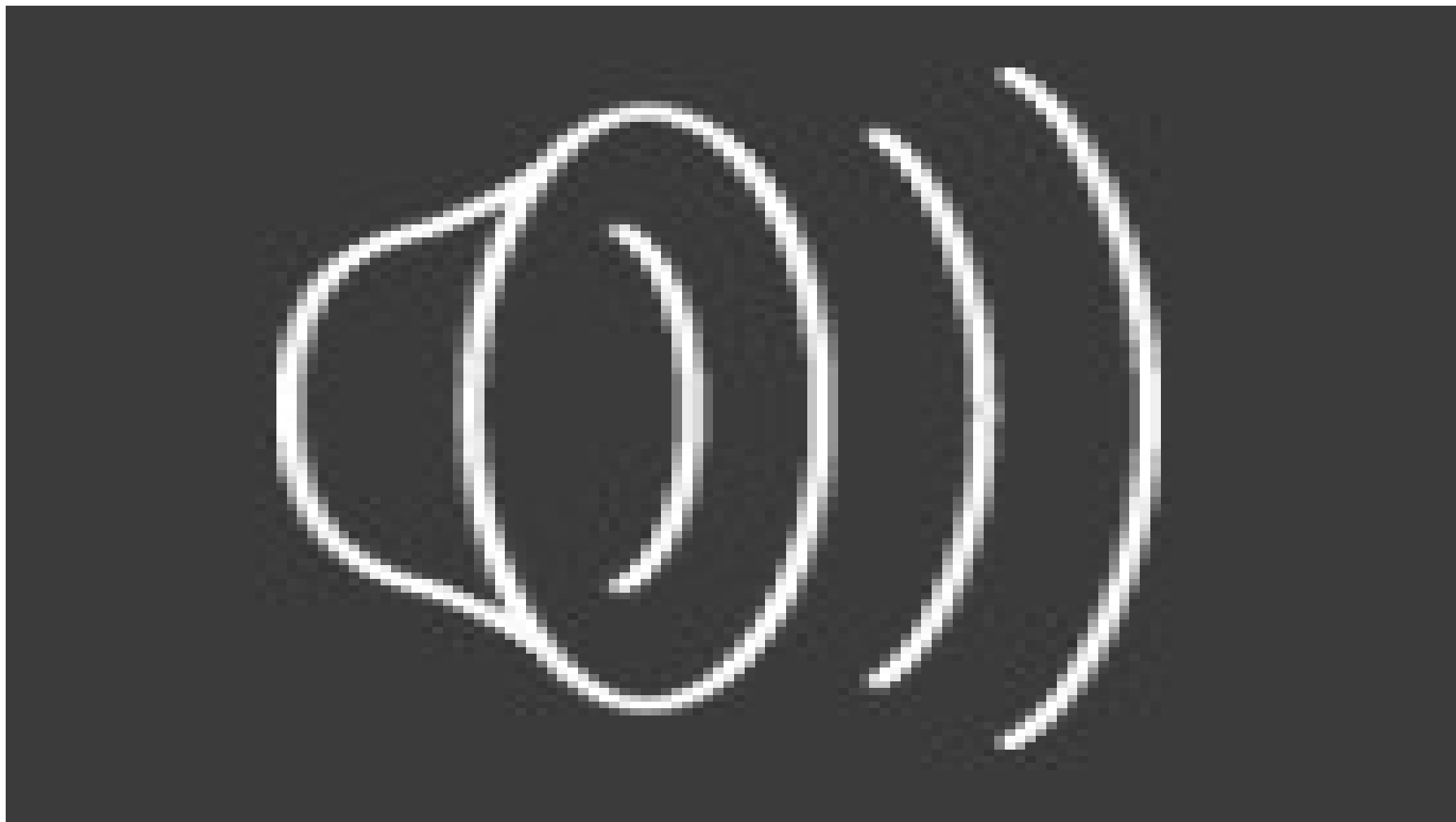
SPORTS





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SPORTS





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PRIVATE MOTOR VEHICLES





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PRIVATE MOTOR VEHICLES



COMPOSITE PROFILE OF AN ARMY PRIVATE MOTOR VEHICLE

FATALITY

“The majority of these fatalities are junior enlisted Soldiers who are 21 years old, run off the roadway either because of fatigue or driving under the influence of alcohol or illegal drugs, and aren’t wearing their seat belts.

FY-13 FATAL DRIVING ACCIDENT TRENDS



PMV-4

Auto/Sedan, SUV, Truck, or Van

● 61% are Junior Enlisted
(E1-E4)



- Excessive Speed
- No Seat Belt
- Alcohol



PMV-2

Motorcycle (Street bike)

● 59% are Leaders
(E5-O5)



- Excessive Speed
- No License/Training
- No/Improper PPE



Recreational Vehicle

ATV, Dirt bike, or Snowmobile

● 80% are Junior Enlisted
(E1-E4)



- Excessive Speed
- Alcohol
- No/Improper PPE

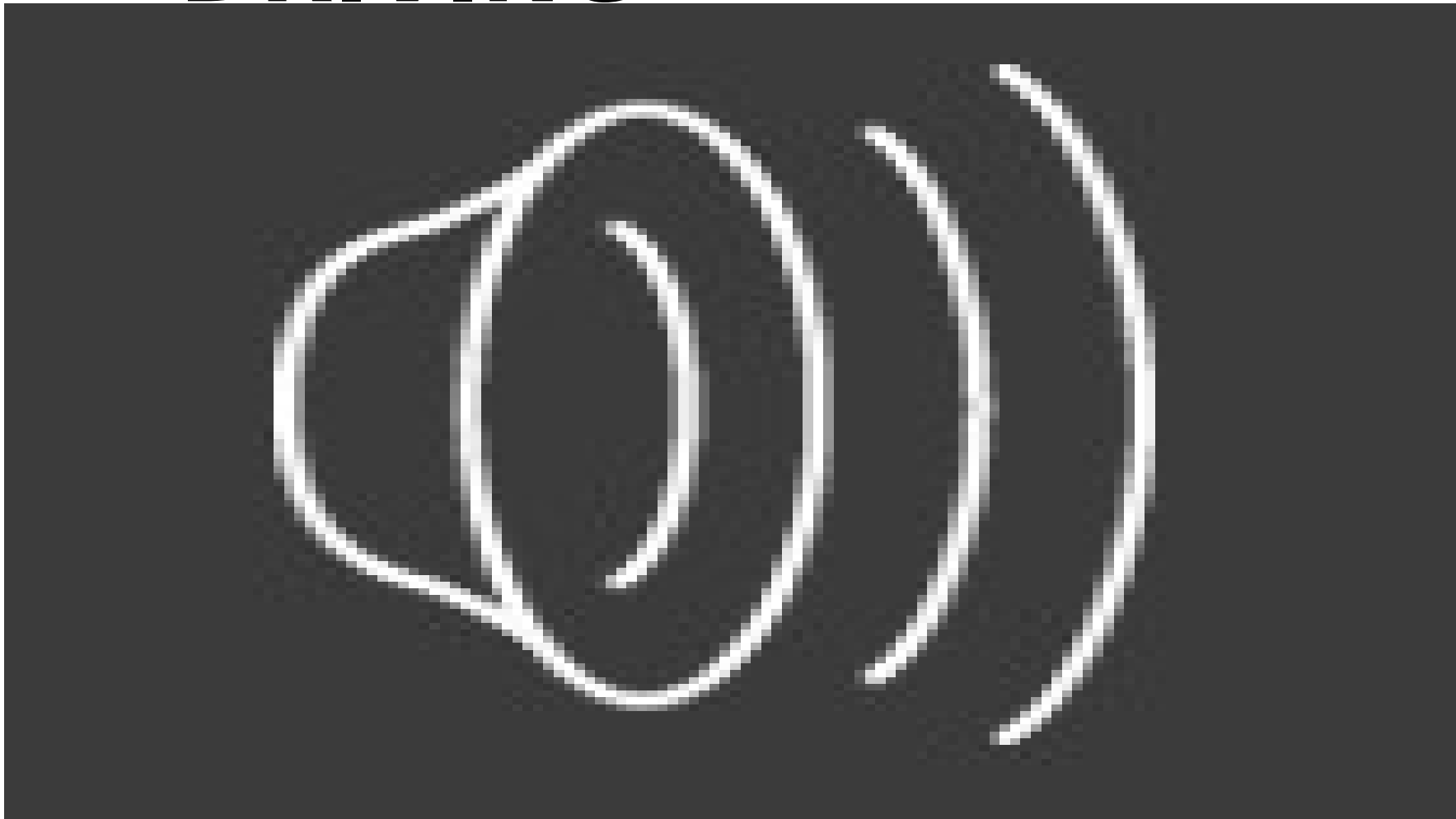
INDISCIPLINE

Note: Does not include pedestrian accidents



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DISTRACTED **DRIVING**



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/VideoId/281/Readyor-Not-Distracted-Driving-2.aspx>



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DISTRACTED **DRIVING**



- About every 30 seconds in the United States, a driver using a cell phone is involved in a crash.
- Nearly 25 percent of vehicle crashes involve drivers either talking — both handheld and hands free — or texting on a cell phone.
- Drivers talking on handheld or hands-free cell phones are four times as likely to be involved in a crash.
- 9 percent of all drivers are using cell phones at any given daylight moment.
- More than 30 studies show hands-free devices do not offer drivers any safety benefit because they do not eliminate cognitive distraction.
- While texting or talking on a cell phone are often viewed as the most dangerous distractions for drivers, other non-driving tasks such as eating, changing radio stations, adjusting climate controls, grooming and rubbernecking can be just as hazardous.
- Nearly every state has adopted some sort of distracted driving law. Currently, 12 states prohibit motorists from using handheld cell phones while

Text - Talk - Ticket



In the State of WA, talking or texting while driving
will be a primary offense: **Penalty \$124**

DISTRACTED DRIVING

Driving = Multitasking

"DISTRACTED DRIVING KILLS."

At any given daylight moment across America, approximately 660,000 drivers are using cell phones or manipulating electronic devices while driving.

MANUAL
Taking your hands off the wheel

VISUAL
Taking your eyes off the road

COGNITIVE
Taking your mind off driving



HOW DO YOU DEFINE YOURSELF?

- **UNDISCIPLINED** – Untrained Soldier who has not received counseling or mentorship – is not directly involved with leadership.
- **DISCIPLINED** – Fully trained, counseled and mentored Soldier – is directly involved with leadership.
- **INDISCIPLINED** – Fully trained, counseled and mentored Soldier – is directly involved with leadership BUT operates vehicle in an unsafe manner and disregards requirements, often resulting in mishaps or fatalities.





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MOTORCYCLES/ATVs



Here is a significant fact about motorcycles. The Army estimates only about 12-15% of all Soldiers ride motorcycles, yet fiscal year (FY13), nearly half (49%) of all Soldiers who died in an off-duty PMV accident died in a motorcycle crash.



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MOTORCYCLES/ATVs



ATV/ROV SAFETY TIPS

- **ATVs are not toys; get training.**
- **Remember ATGATT: “All The Gear, All The Time.”**
- **Never ride alone and always tell someone where you are going and when you will return.**
- **Always supervise young operators.**
- **Never carry extra riders.**
- **Read the owner’s manual carefully.**
- **Be careful when operating ATVs and ROVs with added attachments; these affect the stability, braking and operation of the vehicle.**
- **Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas.**
- **Always make sure the ATV or ROV is in good condition; check the vehicle IAW the owner’s manual.**
- **Check locals laws.**



THERE'S AN INDESCRIBABLE FEELING YOU GET
FROM RIDING AFTER A COUPLE DRINKS.

SUCH AS FLESH BEING TORN FROM YOUR LIMBS AS YOUR BONES SNAP LIKE TWIGS.



DON'T WRECK YOUR MOTORCYCLE AND YOUR LIFE. RIDE SMART. RIDE SOBER.





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DUI MYTHS



“I don’t have far to go”

“I don’t feel any effects”

“I’m more alert after a few drinks”

“Coffee will sober me up”

“I just need some fresh air”

“I’ll drive slowly and carefully”

“I’ve only been drinking beer”



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IMPAIRED DRIVING

How big is the problem?



Drugs other than alcohol (e.g., marijuana and cocaine) are involved in about **18%** of motor vehicle driver deaths. These other drugs are often used in combination with alcohol.

DUI Points of Interest

**IAW AR 600-85:
BAC will not exceed .05 while on duty...**

I am a police officer, I have probable cause to believe that you have operated a vehicle while intoxicated. I must now offer you the opportunity to submit to a chemical test, and inform you that your refusal to submit to a chemical test will result in the suspension of your driving privileges for one year. If you have at least one previous conviction for operating while intoxicated, your refusal to submit to a chemical test will result in the suspension of your driving privileges for two years. Will you now take a chemical test?



Implied

Consent

Any person who operates a motor vehicle within this state is deemed to have given consent, to a test or tests of his or her breath or blood for the purpose of determining the alcohol concentration or presence of any drug in his or her breath or blood.

RCW 46.20.308

Physical

Control

A person is guilty of being in actual physical control of a motor vehicle while under the influence of intoxicating liquor or any drug if the person has actual physical control of a vehicle within this state.

RCW 46.61.504

Open

Container

It is a traffic infraction for a person to have in his or her possession while in a motor vehicle upon a highway, a bottle, can, or other receptacle containing an alcoholic beverage if the container has been opened or a seal broken or the contents partially removed.

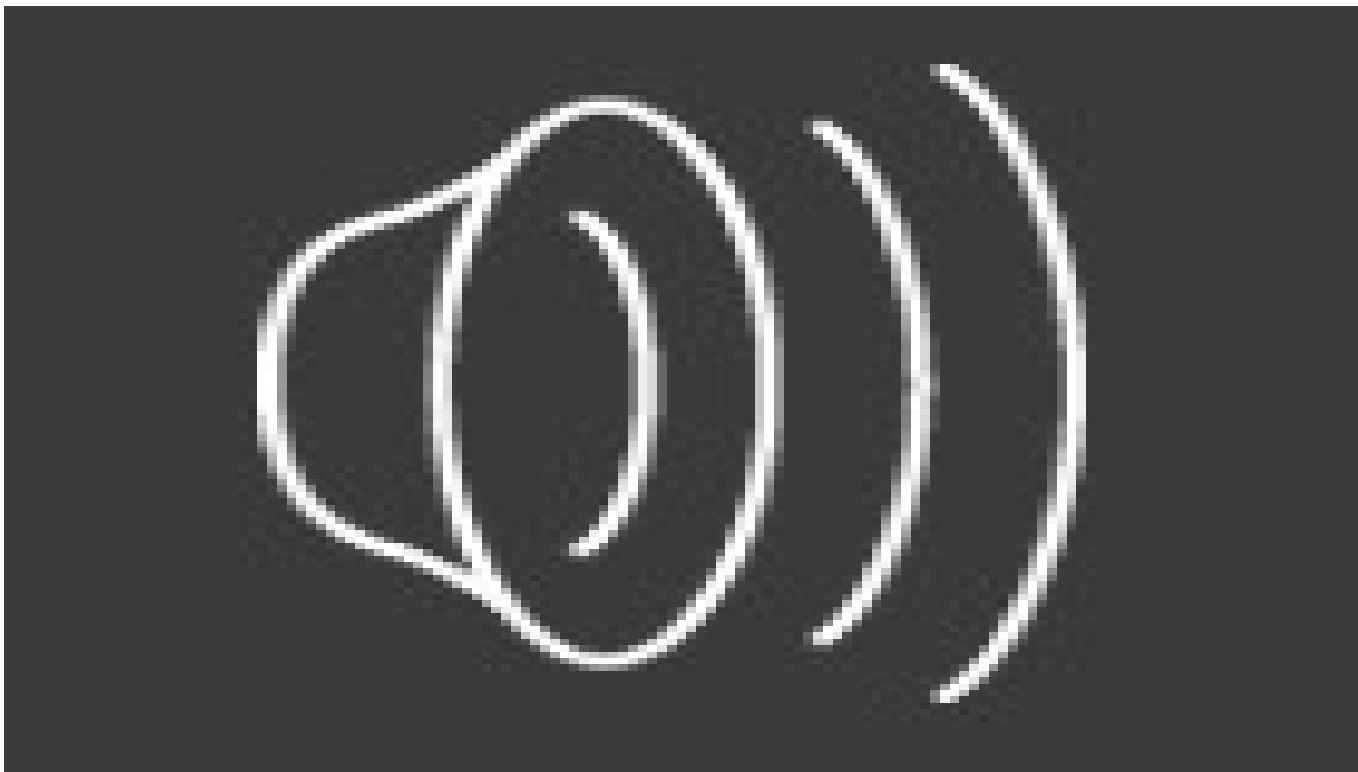
RCW 46.61.519

Designated Driver Program



Will pick up single service members within a 15 mile radius of JBLM and return them safely home.

**Every Friday, Saturday and DONSA
9 PM - 3 AM
253-208-9169**





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HOME SAFETY



TOP 5 HAZARDS IN AND AROUND THE HOME

- **FALLS**
- **POISONING**
- **FIRE/BURNS**
- **CHOKING AND SUFFOCATION**
- **DROWNING**

FIRE PREVENTION

- **Never smoke in bed.**
- **Avoid grease build-up in kitchen.**
- **Use space heaters properly.**
- **Inspect wires and never overload circuits or extension cords.**
- **Use extreme caution when using candles.**
- **Keep and know how to use a fire extinguisher.**



- **USE SMOKE AND CARBON MONOXIDE ALARMS**
- **OWN AND MAINTAIN A FIRE EXTINGUISHER**
- **DON'T HAVE CANDLES OR OPEN FLAME NEAR CURTAINS OR ANTHING FLAMMABLE**
- **USE A LADDER, NOT A CHAIR**
- **USE OUTLET COVERS AND WINDOW ANCHORS/GUARDS TO PROTECT SMALL CHILDREN**



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GRILLING



BBQ I.Q.



- Stay by the grill and pay close attention the entire time food is cooking.
- Designate the grilling area a "No Play Zone" and keep kids and pets well away until grill equipment is completely cool.
- Before using, position your grill at least 10 feet away from other objects, including the house and any shrubs or bushes.
- Before using a gas grill, check the connection between the propane tank and fuel line to ensure it is working properly and not leaking.
- Never use a match to check for leaks. Instead, rub the hose line with a dishwashing liquid and water solution. If you see any bubbles or detect a leak, immediately turn off the gas and don't attempt to

UNINTENDED DISCHARGES

(Negligent Discharges)

Trends & Prevention Measures

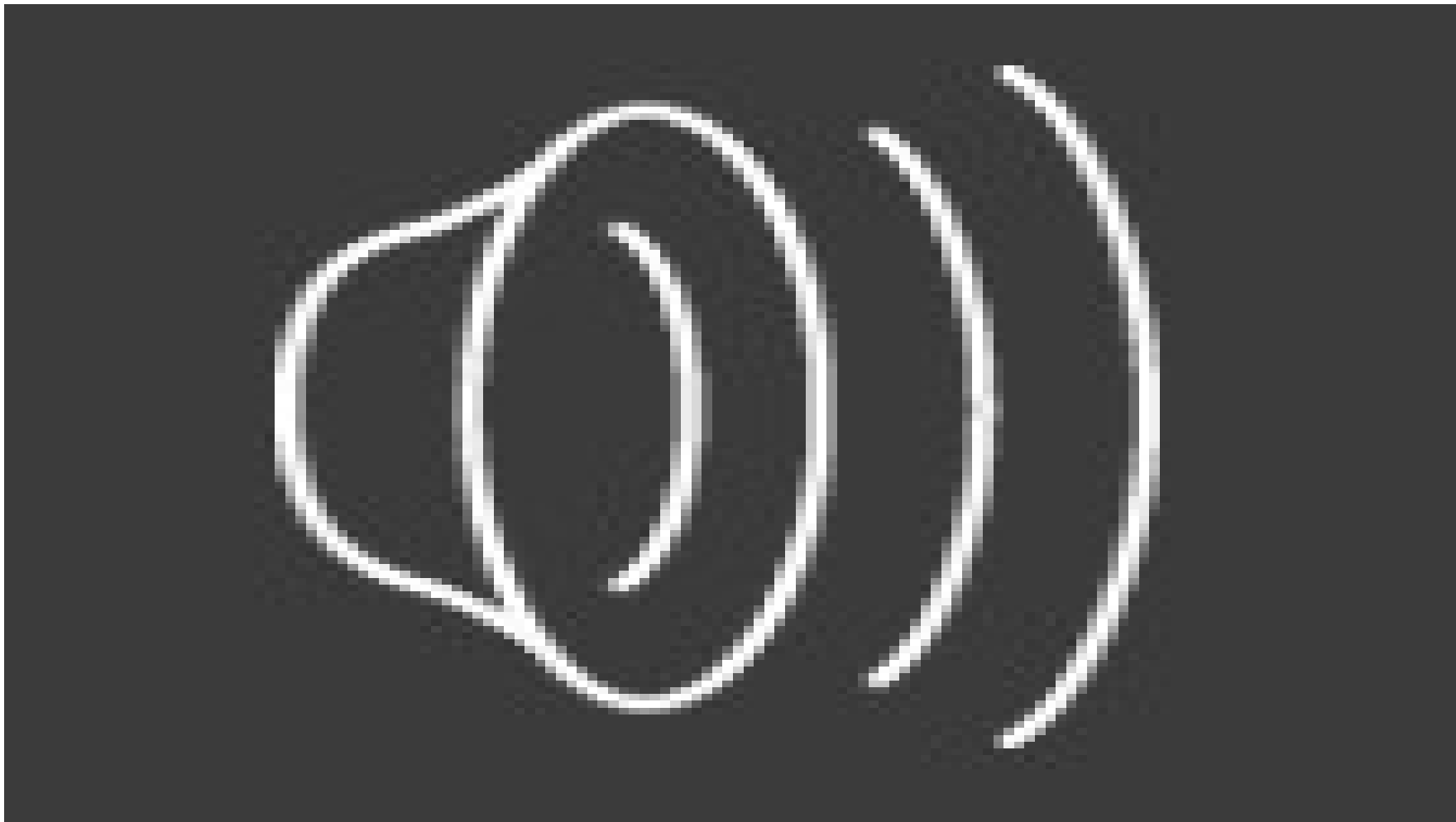
- **Soldiers intentionally pointing “unloaded” weapons at themselves or others**
 - *Treat every weapon as if it is loaded and NEVER point the muzzle at anything you don’t intend to shoot.*
- **Alcohol a factor**
 - *Do not handle weapons while or after consuming alcohol.*
- **Complacency with privately owned weapons**
 - *Make sure you know how to properly operate a POW; read the owner’s manual and take a class.*
- **Someone else was present**
 - *Intervene when you see a peer, friend or family member handling a weapon inappropriately.*





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WEAPONS



<https://safety.army.mil/MEDIA/VideoLibrary/VideoPlayer/TabId/112/Videoid/279/Readyor-Not-Privately-Owned-Weapons.aspx>

THINK About it...

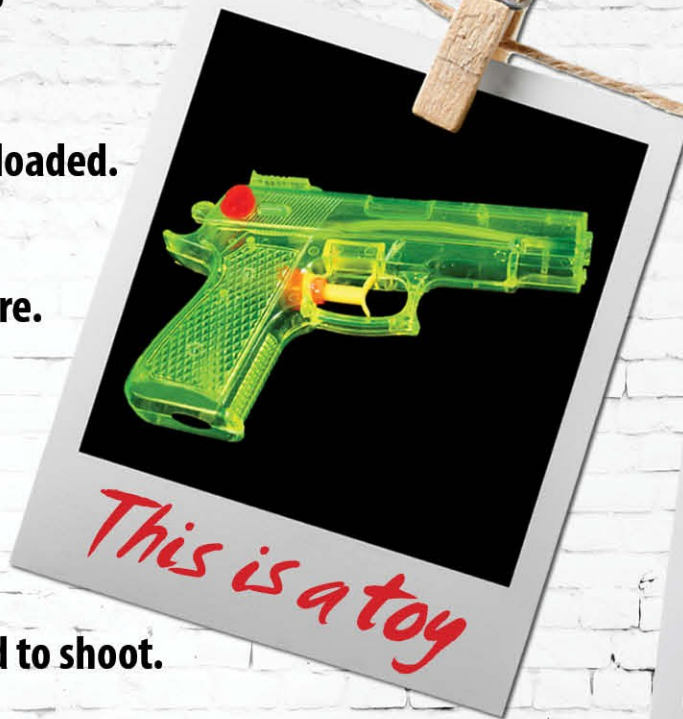
Treat every weapon as if it is loaded.

Handle every weapon with care.

Identify the target before
you fire.

Never point the muzzle
at anything you don't intend to shoot.

Keept the weapon on safe and your finger off the
trigger until you intend to fire.



YOLO?

BE

SAFE !



CONTACT NUMBERS

Central Line 967-1413

**ASAP REFERRALS -----253-968-6765, 967-2202
BLDG 2008B RM 303**

**CONFIDENTIAL TREATMENT (CONTREAT)-----
253-968-6765, 967-2202
BLDG 2008B RM 303**

**PREVENTION CENTER-----253-477-4852
BLDG 2008B Basement**

**DRUG TESTING COORD.-----253-967-1415
BLDG 2008B First Floor**

SUICIDE PREVENTION Lifeline-----800-273-TALK